

Updates from Opt-Out Counseling for Indiana University Pediatric Residents

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Introduction

- Physician burnout, characterized by a lack of fulfillment, depersonalization, and emotional exhaustion occurs in about 50% of pediatric residents across the nation according to the Pediatric Resident Burnout Survey distributed by the Resilience Study Consortium ⁽¹⁻²⁾
- Indiana University Pediatric Residency Program's survey results were comparable to the level of burnout experienced nationally
- An opt-out counseling initiative was developed in the fall of 2017 to provide anonymous mental health services for residents

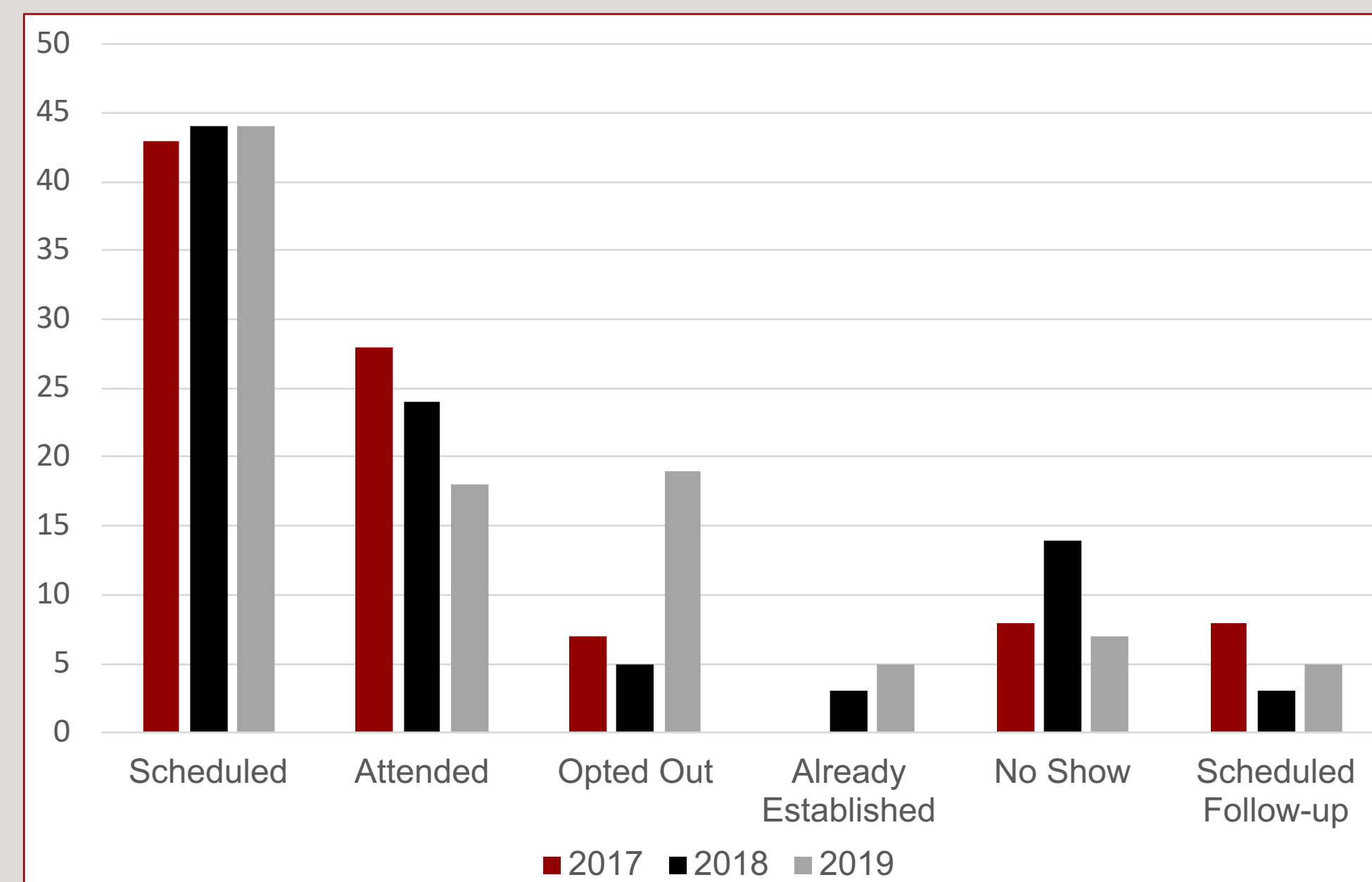
Objective

- To sustain and adapt a pilot opt-out counseling program for residents and measure changes in participation and follow-up

Methods

- Second-year pediatric and combined pediatric residents were scheduled for an "opt-out" session with a Graduate Medical Education (GME) therapist in fall of 2019
- Session characteristics:
 - Free
 - Optional
 - Considered protected time
 - 30-minutes long
 - Located on campus
- Beginning with this cohort, residents were encouraged to let the therapist know at the start of the session if they preferred a general intake or wanted to discuss a specific issue
- Appointment slots spanned two rotation blocks to accommodate schedules
- Residents had the anonymous option to choose one of the following:
 - Keep the scheduled appointment
 - Change the date or time of the appointment
 - Opt-out of the appointment
- The residency program received aggregate data at the end of the scheduled sessions

Aggregate Data by Year



	2017	2018	2019
Scheduled	43	44	44
Attended	28	24	18
Opted Out	7	5	19
Already Established	0	3	5
No Show	8	14	7
Scheduled Follow-up	8	3	5

Results

- Pilot data from fall of 2017 had 43 residents (25 categorical + 18 combined)
 - 28 residents (65%) attended the session; of those, 8 residents (29%) scheduled follow-up
 - None of the residents that opted out were already established patients with a GME therapist
- Follow-up data from fall of 2018 had 44 residents (25 categorical + 19 combined)
 - 24 residents (55%) attended the session; of those, 3 residents (13%) scheduled follow-up
 - 3 residents (60%) that opted out were already established patients with a GME therapist
- Follow-up data from fall of 2019 had 44 residents (25 categorical + 19 combined)
 - 18 residents (41%) attended the session; of those, 5 residents (28%) scheduled follow-up
 - 5 residents (26%) that opted out were already established patients with a GME therapist
- Collective data over the last three years found on average 23% of residents who participated in the program continued to seek mental health services through GME

Conclusions

- Opt-out counseling can be associated with an increased number of residents establishing care with mental health services
- By adapting the intake format to allow residents to discuss a particular issue, sessions may have been more productive and individualized
- This program could be a model for other IU residency programs since they have access to the same GME mental health services

Future Directions

- To enroll pediatric residents in the opt-out counseling program during their intern year to promote earlier awareness, destigmatization, and utilization of these mental health services
 - The 2019-2020 pediatric intern cohort is currently being enrolled in the spring of 2020
 - Plan to then enroll all pediatric interns in the 2020-2021 cohort in the fall of 2020
- To help other residency programs begin opt-out counseling programs
- A limitation could be decreased GME therapist appointment availability with increasing volume of resident participants

Acknowledgements

- Thank you to the GME therapists that have helped schedule the residents and continue to improve the opt-out program

References

- Pediatric Resident Burnout Survey performed by the Resilience Study Consortium. National data. 2017.
- Ishak, W.W., et al., Burnout during residency training: a literature review. J Grad Med Educ, 2009. 1(2): p. 236-42.

Contact Information

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